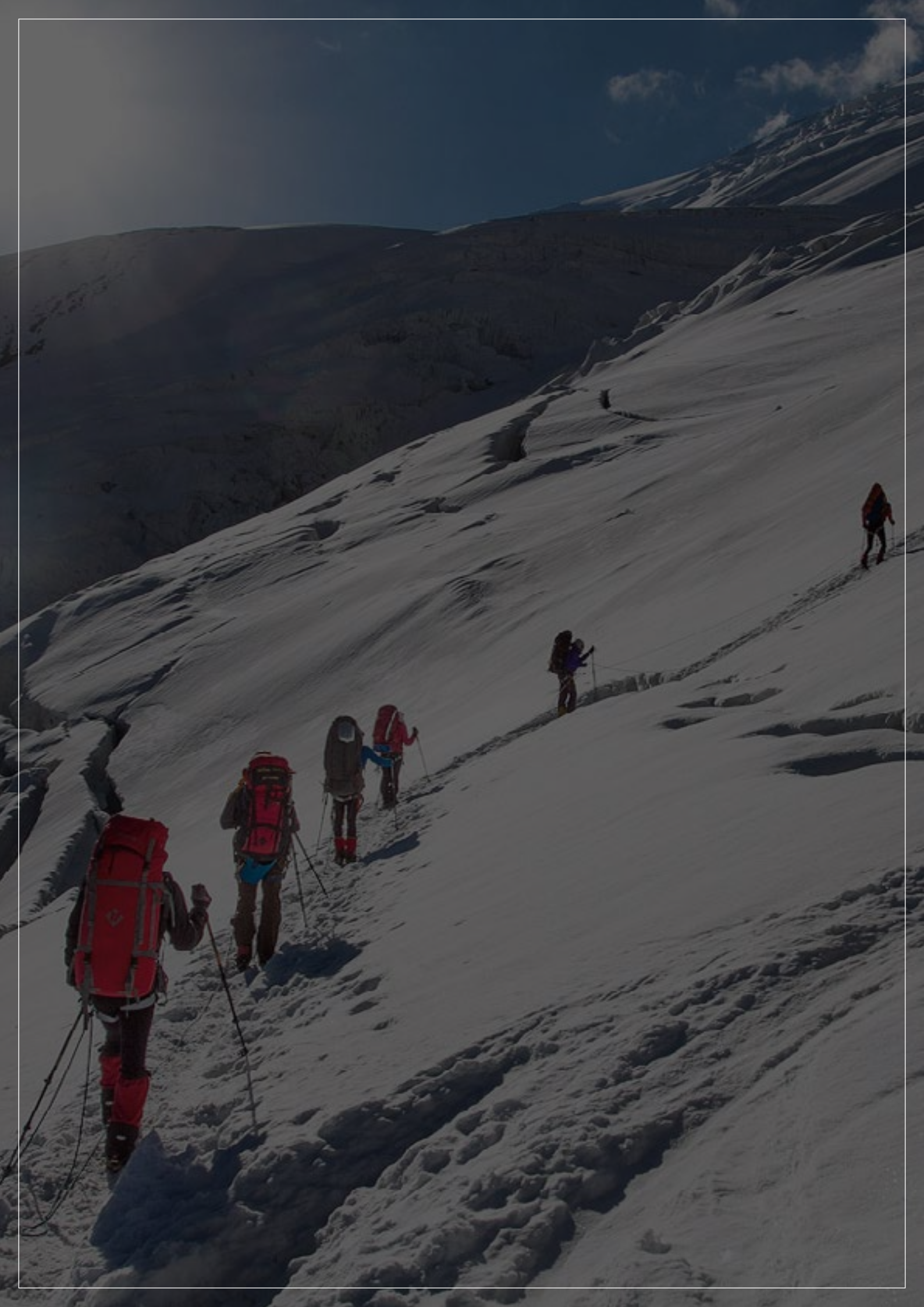




PEAK LENIN

7,134M / 23,405FT

2024 EXPEDITION TRIP NOTES





PEAK LENIN EXPEDITION TRIP NOTES

2024 EXPEDITION DETAILS

Dates: June 29 to July 21, 2024

Duration: 23 days

Departure: ex Bishkek, Kyrgyzstan

Price: US\$9,500 per person

▲View from Camp 3. Photo: Matt Elkin.

Situated in the Pamir Mountains of Kyrgyzstan, Peak Lenin is the second highest mountain in the former Soviet Union. This non-technical ascent is truly Himalayan in proportion, making for an ideal stepping-stone to an 8,000m peak.

HISTORY

The inner reaches of the Pamir Mountains remained largely unexplored until the second half of the 19th century. It was not until 1871 that Peak Lenin was officially discovered by Russian explorer Aleksey Fedchenko and originally named Mount Kaufmann after a contemporary local governor. At the time the peak was believed to be the highest point in the USSR, a title which was later conferred to Communism Peak in modern-day Tajikistan. Mount Kaufmann was renamed Peak Lenin in 1928 in honour of Russian revolutionary leader Vladimir Lenin.

The mountain's first summit was not achieved until later in 1928, when it was successfully scaled by three members of a Soviet expedition, Vitaly Abalakov, Kasian Chernuha and Ivan Lukin. At the time of the ascent, this was the highest summit in the world reached by man.

EXPEDITION OVERVIEW

Our travels take us through the scenic mountains of Kyrgyzstan as we prepare ourselves for the climb. We ascend Peak Lenin via the classic Razdelnaya route, which is non-technical and requires a minimum of equipment to climb.

We will utilise local porter support for group equipment and food. Team members will only have to carry personal equipment on the mountain but the option is there to utilise local porters for their personal load carries.

PREREQUISITE EXPERIENCE

Climbing above 7,000m/23,000ft in elevation is an extreme undertaking. Although not technically difficult, an ascent of Peak Lenin is a physically demanding objective and not to be underestimated.



• Camp 1 Dining Yurt and tents. Photo: Central Asia Travel

Climbers must be prepared to encounter extreme weather conditions including cold temperatures and high winds, as well as the effects of extreme altitude.

You need to be physically fit, have strong mental stamina and be capable of strenuous exercise for several days' duration. We suggest you prepare yourself physically and mentally for the expedition through a physical training program and mountain skills training.

Climbing at altitude affects people differently. Most climbers notice a lower performance rate than normal. Our climbing days are mostly short to accommodate this, and vital rest days are usually welcomed! Our acclimatisation program allows you to progressively consolidate your fitness, but you must arrive on the expedition in good health and with a good level of fitness.

This expedition is suitable for people with general mountaineering skills. Importantly, participants should be in a positive frame of mind and be willing to operate as part of a team.

TEAM SIZE

This expedition operates at a guide-to-climber ratio of 1:3 and will have a minimum size of 3 members and 2 guides and a maximum size of 12 members and 4 guides.

ITINERARY

EXPEDITION DATES

June 29 to July 21, 2024

PEAK LENIN ITINERARY

Following is an ideal itinerary for our Peak Lenin Expedition:

Day 1	Arrive in Bishkek, Kyrgyzstan
Day 2	Flight from Bishkek to Osh
Day 3	Drive from Osh to Peak Lenin Base Camp (3,600m/11,800ft)
Day 4	Acclimatisation hike.
Day 5	Acclimatisation ascent of Petrovskogo Peak (4,910m/16,109ft), descend to Base Camp



▲ Climbing towards the summit. Photo: Central Asia Travel

Day 6	Climb to Camp 1 (4,400m/14,440ft)
Day 7	Acclimatisation ascent of Domashniy Peak (4,700m/15,20ft), overnight at Camp 1
Day 8	Rest day
Day 9	Climb to Camp 2 (5,300m/17,400ft)
Day 10	Day climb to Camp 3 (6,200m/ 20,340ft), descend to Camp 2
Day 11	Climb to Camp 3
Day 12	Descend to Camp 1
Day 13	Rest day
Day 14	Rest day
Day 15	Climb to Camp 2
Day 16	Climb to Camp 3
Day 17	Ascent of Peak Lenin (7,134m/ 23,405ft) and descend to Camp 3
Day 18	Weather contingency day
Day 19	Descend to Camp 1
Day 20	Descend to Base Camp
Day 21	Drive from Base Camp to Osh
Day 22	Flight from Osh to Bishkek
Day 23	Trip ends, depart from Bishkek.

the Taldyk Mountain Pass (3,600m/11,800ft), we will see the stunning Alay Valley with the snow-capped Zaalay Range of the Pamirs towering above. After 5–6 hours we arrive at Base Camp (3,600m/11,800ft) on Edelweiss Glade and settle into our comfortable yurts.

Day 4

We arise in the morning to stunning views of snow-clad XIX Party Conference Peak, pointed Petrovskogo Peak and, of course, the inimitable Peak Lenin. Despite being a rest day, we will take an acclimatisation hike towards Puteshestvennikov (“Traveller’s”) Pass at 4,200m/13,800ft. The panoramic view that opens up from the “Marmots’ Glade” just below the pass is incredible.

Day 5

Today we undertake an acclimatisation ascent of 4,910m/16,109ft Petrovskogo Peak which we have

DETAILED ITINERARY

Day 1

The team congregates in Bishkek, Kyrgyzstan and transfer to our hotel before gear checks, expedition briefing and a welcome dinner.

Day 2

We fly to the leafy city of Osh and transfer to our hotel.

Day 3

We drive out of Osh along the Pamir Highway, with the terrain growing ever grander as we go. After crossing



▲ Base Camp meadows. Photo: Jon Gupta



▲ Summit of Lenin. Photo: Matt Elkin



▲ Peak Lenin. Photo: AC Archive



▲ Approaching the summit. Photo: Central Asia Travel

been eyeing up from our camp. This is an easy and enjoyable climb achieved in a long day from Base Camp and offering rewarding views of Peak Lenin and other surrounding peaks.

Day 6

We head back out on the well-trodden path to Puteshestvennikov Pass (4,200m/13,800ft). This time we continue on alongside a moraine and up towards the Lenin Glacier. It will take 3–4½ hours to reach Camp 1 (4,400m/14,440ft), a comfortable yurt camp established on the moraine of the Lenin Glacier, where we settle in for a delicious meal.

Day 7

It's time to push our acclimatisation a little further as we stage ourselves at Camp 1 for an ascent of 4,700m/15,420ft Domashniy Peak. We return back to camp tonight to consolidate these gains.

Day 8

Today we enjoy a welcome rest to recuperate after our efforts and soak up the magnificent surrounds we find ourselves in.

Day 9

On we go now to Camp 2! We at first continue uphill along the Lenin Glacier to the foot of the grandiose North Face before crossing a steep slope often covered in deep snow. This we traverse, aiming at the plateau known as "Skovoroda" ("Frying Pan"), which we cross to reach Camp 2 in 6–7 hours.

Day 10

From Camp 2 we ascend a 25 to 30-degree slope before traversing towards the top of Razdelnaya Peak (6,200m/20,340ft). From the top, we descend to "Peremychka" ("Saddle") and touch Camp 3. The ascent normally takes about 5 to 6 hours before we descend again to Camp 2 for the night.

Day 11

We repeat our route from yesterday, this time overnighing at Camp 3, which is usually positioned close to "Peremychka".



Soaking in the view across the Lenin Glacier. Photo: Jon Gupta

Day 12

Today we descend again to Camp 1, which takes less time and effort in this direction! We reach Camp 1 in 4–5 hours and here we have a couple of days to rest up before our summit push.

Days 13 & 14

Days 13 and 14 are well-earned rest days at Camp 1; time to relax and prepare ourselves for the expedition ahead.

Day 15

Refreshed and revitalised, we head back up the now-familiar trail to Camp 2. This time we are more acclimatised so the same route feels much easier.

Day 16

We continue our ascent, pushing above the clouds to Camp 3. Tonight we try to calm excited nerves and rest well ahead of our big day tomorrow.

Day 17

We make an early start between 5–6am, the summit is waiting for us! We head out onto a steep 300m/1,000ft

stretch that becomes narrow ice ridge known as “Nosh” (“Knife”). We carry on towards a snow plateau and finally continue on up to the summit, with the whole of the Pamirs at our feet! Congratulations exchanged and photos taken, we set off back downhill to Camp 3.

Day 18

Spare summit day in the event of bad weather during the climb.

Day 19

We make a speedy descent back to Camp 1 as we dream about good food in a warm yurt—bliss!

Day 20

Arriving back at Base Camp, we celebrate by taking a well-earned vapour bath, relaxing on a traditional “kurpacha” (mattress) and enjoying a traditional Kyrgyz dinner, the essence of Kyrgyz hospitality.

Day 21

We drive from Base Camp to Osh, check into our hotel and enjoy walking around the town at night for a spot of celebration or quiet reflection.



▲Descending alongside the Lenin Glacier. Photo: Central Asia Travel

Day 22

The team flies back to Bishkek for a final hotel night.

Day 23

The trip ends, we depart Bishkek and head back to our respective corners of the globe with new friends, full SD cards and memories to last a lifetime.

THE ADVANTAGES OF CLIMBING WITH ADVENTURE CONSULTANTS

Adventure Consultants is renowned for the quality of its service and strategy applied to high altitude expedition climbing. Our reputation is attributed to meticulous planning and experienced logistics coordination. We have a philosophy of investing in every expedition to offer our climbers the best possible chance of success.

We employ strong and specialised Expedition Leaders and support staff, who are some of the most pre-eminent in the industry. We pride ourselves on operating with small teams, the best back-up and

support available. This includes nutritious and ample quantities of food, comfortable Base Camp facilities, reliable communications systems and the necessary medical back up.

Many of our expedition members come to us because they have seen us in action on a previous trip and decide to opt for our level of service and proven experience. Others return because they know we do our very best to make expeditions safe and successful.

VISAS

Kyrgyzstan has a visa waiver agreement with over 40 countries, the citizens of which do not require a visa for visits of less than 60 days. Citizens of a further 20 countries can obtain a visa at any Embassy of the Kyrgyz Republic or upon arrival at Manas International Airport in Bishkek. Please check with your travel agent for the latest information on your eligibility.



▲ Climbing towards Camp 2. Photo: Jon Gupta

FLIGHT INFORMATION

Flight arrangements should be scheduled so that you arrive in Bishkek on the first day of the expedition, or earlier if you want some time to explore the city. The morning of the trip's second day, we will take a domestic flight to Osh.

At the end of the trip, we drive back to Osh and fly back to Bishkek. We advise climbers to arrange their international departure flights from Bishkek for the following day.

COMMUNICATIONS

The expedition will be equipped with portable Thuraya satellite phone systems for the duration of the expedition in order to provide reliable email and voice communication for business, media or personal use. Limited satellite phone time can be purchased at the rate of US\$3 per minute. Please contact our office for details.

FOOD

During the expedition, you will enjoy high quality 'Western' food as well as popular local dishes. One of the highlights of this expedition is the high-quality meals that are prepared by our local staff. Please indicate any specific dietary requirements that you may have on your application form. For special diets such as vegan and gluten/dairy free, we will call you to discuss your needs and how this will work in the group cooking situation. If your dietary requirements are especially strict, you are advised to bring a sufficient supply of your required food types with you to ensure you are provided for.

EQUIPMENT & PRE-TRIP SUPPORT

We provide comprehensive pre-trip support once you book onto our expedition. You will be assigned an expedition liaison to assist with your pre-trip planning and we provide an array of extensive travel advice, from visa details to insurance and training tips.

A detailed equipment list will also be provided along with notes and recommendations on the best gear to purchase. Our equipment specialists are on-hand to assist with your equipment related questions.

MEDICAL EXAMINATION & INSURANCE

Expedition members will be provided with a medical questionnaire by the expedition doctor and asked to visit their family physician to receive a full medical



▲ Resting in Camp. Photo: Matt Elkin



▲ On the summit of Lenin. Photo: Matt Elkin

examination. This information will be sighted only by our medical adviser and the Expedition Leader and treated with full confidentiality. Advice on immunisations will be provided at this time. We also require members to obtain rescue insurance and we will consult with individual team members regarding your insurance needs and solutions for coverage.

PASSPORT PHOTOGRAPHS

Expedition members will need to provide a digital photograph for various climbing and trekking permits, plus a copy of their passport biodata page.

THE EXPEDITION FEE

PEAK LENIN EXPEDITION FEE

The cost of the Peak Lenin expedition, ex Bishkek, Kyrgyzstan, is US\$9,500.

This is an inclusive cost and covers the following:

- All expedition organisational requirements
- All climbing and trekking permits
- Airport transfers
- Return domestic flights from Bishkek to Osh
- All road transport Osh to Base Camp and return by private vehicle
- All team equipment
- All expedition staff, including qualified Western guides and local guides
- Four nights twin-share hotel accommodation in Bishkek/Osh, including breakfast
- All food whilst away from Bishkek/Osh

- Portage of personal gear and group food and equipment from Base Camp to Camp 1
- Portage of group food and equipment to Camps 2 and 3
- All supplies necessary to make a safe and strong bid for the summit
- Access to AC's satellite communication facilities
- Regular expedition dispatches to our website for families and friends back home to follow the expedition's progress.

The expedition fee **does not** include the following:

- Air travel to and from Bishkek, Kyrgyzstan
- Kyrgyzstan airport entry visa (many countries are visa free for stays up to 60 days)
- Hotel accommodation in Bishkek or Osh, beyond the four included nights
- Meals in Bishkek and Osh, with the exception of breakfast on the four included nights
- Purchases of bottled water, gifts, alcohol (we supply boiled/treated water for drinking)
- Spending on personal items such as gifts, alcohol/ bottled drinks, laundry etc.
- Personal clothing and equipment
- Personal travel insurance and medical/trip cancellation/rescue insurance
- Any rescue costs or costs of early departure from the expedition
- Gratuities

PAYMENT DETAILS

All payments should be made by bank transfer to the following bank and account:



▲ Acclimatising above Base Camp. Photo: Jon Gupta



▲ Inside the yurt dining tent. Photo: Central Asia Travel



▲ Plentiful fresh food at Base Camp and Camp 1. Photo: Central Asia Travel



▲ Downtime at Base Camp. Photo: Central Asia Travel

Bank of New Zealand
Offshore Branch
42 Willis Street
Spark Central
Wellington, New Zealand

For the account of Adventure Consultants Limited.

Account Number: 1000-594771-0000
Account Type: US Dollars
Swift Address: BKNZNZ22

NOTE: All bank transfer charges are for the remitter's account.

We can also accept your deposit and balance payment by credit card (Visa, Mastercard and Amex) plus a 3% card charge.

DEPOSIT

A non-refundable deposit of US\$500 is payable to secure a place on the Peak Lenin Expedition.

BALANCE

The balance of funds is payable 90 days prior to the expedition start date.

CANCELLATION & REFUND POLICY

Once you have paid your deposit your trip is confirmed, subject to payment of the balance of fees owing 90 days prior to your trip commencement date. An expedition member may cancel their participation on the following basis:

- Cancellations outside of 90 days will result in the loss of the trip deposit.
- For cancellations made within 90 days of the trip commencement date we reserve the right to retain 50% of the balance payment fee.
- For cancellations within 60 days of the departure date a cancellation fee of 100% of the full fee applies.

We strongly recommend you take out trip cancellation insurance via your travel agent if you wish to be covered against cancellation due to medical or personal reasons.



▲ Stunning views from high at Camp 3. Photo: Central Asia Travel

HOW TO JOIN THIS EXPEDITION

If you would like to join the Peak Lenin, please complete our online booking form and forward your deposit payment at <https://adventureconsultants.com/expeditions/himalayan-climbs/peak-lenin#DepartureBookingBlock>

CONTACT US

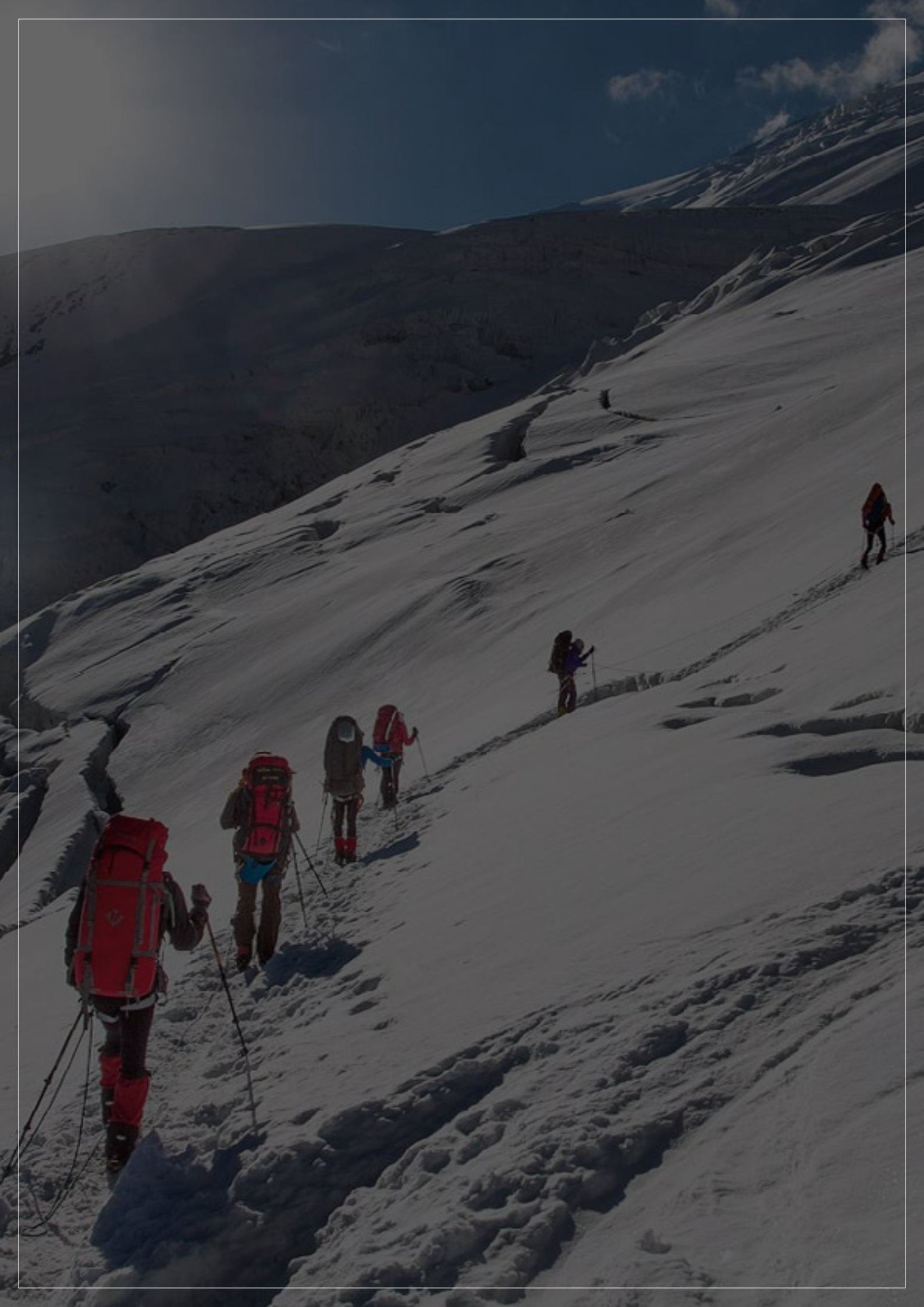
If you require more information, please contact us at:

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▲ Standing below Peak Lenin. Photo: Jon Gupta



Adventure Consultants is affiliated to the New Zealand Mountain Guides Association (NZMGA), New Zealand Alpine Club (NZAC) and a corporate member of the American Alpine Club (AAC). Adventure Consultants is a supporter of the dZi Foundation in Nepal for their 'Revitalise a Village' programmes.

Adventure Consultants perform to IFMGA/UIAGM standards and are world leaders in high altitude guiding.

